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Good Eatin' Challenge

1. What is the goal of the "Good Eatin'" Challenge?

- a. The goal of the "Good Eatin'" Challenge is to encourage participants to work on their vegetable intake through a variety of nutrition information, tips and resources over 4-weeks. For successful completion participants must:
 - i. Log 3 servings of vegetables for at least 20 days by June 3rd
 - ii. Complete all weekly tasks by Monday, June 4th.

2. When is the "Good Eatin'" Challenge?

The challenge begins Monday, May 7, 2018 and runs for 4-weeks finishing on Sunday, June 3, 2018.

3. How do I register for the challenge?

- a. Registration opens Monday, April 23, 2018 and closes on Sunday, May 13, 2018.
- b. Log-in to the [Wellness Portal](#)
- c. Click the "Sign Up" button in the Challenge Bar

Challenges

There are active challenges available. Sign up now and get involved!

Good Eatin' Challenge 4/17/18 - 5/15/18 11:59:59 PM

Does your diet need a makeover? Are you looking for simple ways to cut calories? Then this challenge is for you! Learn how to properly stock your kitchen, manage your portions and pick healthier choices during the 4-week "Good Eatin'" Challenge. Sign up today as an individual or create a team. If you are participating as an individual, consider joining the LiveWell Vermont team! The challenge runs from Monday, May 7, 2018 to Sunday, June 3, 2018.

Goal: 20 Days of Food Logged

Sign Up

- d. Choose "Create your own team" or "Select your team". **If you are participating solo, consider joining the LiveWell Vermont Team!** Once you have created a team name, the system will give you the option of inviting others to join your team. Simply click on the link to invite others, which will create an Outlook email to do so. If choosing to "select your team", you will have the ability to see your team members who have already signed up. You can also still participate as a solo team.
- e. Click "Sign Up Now"

My Team

Select your team: Teammates:
LiveWell Vermont (my current team) ▼ The selected team has no members currently enrolled in this challenge

Create your own team:

Primary challenge on dashboard

Make Primary Challenge

Sign Up Now Close

Good Eatin' Challenge

4. How do I unregister from the challenge?
 - a. Log-in to the [Wellness Portal](#)
 - b. Click on "Details" in the Challenge Bar

Challenges

Good Eatin' Challenge - Week 1 of 4 [My Progress](#) [Details](#) [My Tasks](#) [View Challenge](#)

Goal: 5 days of food logged a week (20 total) **i** Start: 4/17/18 End: 5/15/18, 11:59:59 PM Days Left: 26 Team: LiveWell Vermont **?**

My Total: **0** Days of Food Logged *** 22 required tasks to complete by 4/23/2018** [Complete now](#)

[Log Days](#)

No data has been logged. Be the first!

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." - Francis of Assisi - Remember to log at least 3 servings of vegetable for 20 days and complete ALL tasks by the end of the 4-week challenge!

- c. Scroll to the bottom of the page and click "unregister"
 - d. Select "OK"

Good Eatin' Challenge ✕

Congratulations! You have successfully registered for the LiveWell Vermont "Good Eatin'" Challenge, which begins on Monday, May 7, 2018 and runs through Sunday, June 3, 2018. Completion requirements include: 1) Log 3 servings of vegetables for 20 days and 2) Complete ALL weekly tasks. Please note there are 4 weeks of tasks, which will load each Monday of the challenge. If you get behind, there is a 24-hour reset for the next week's tasks to appear.

Description

The LiveWell "Good Eatin'" Challenge will focus on four primary strategies to help get you back on track, including: Week 1) Creating a Healthy Kitchen; Week 2) Starting Your Day Off Right; Week 3) Food Is Fuel; and Week 4) Simple Swaps and Healthy Snacks. Over the four weeks of the challenge, log 3 servings of vegetables for 20 days to support your overall nutrition and health goals. Participate as a team or as an individual. If you are participating as an individual, consider joining the LiveWell Vermont team! Weekly drawings for wellness prizes will occur for comment board participation. Employees will earn 80 points towards Green, the second trimester, of Wellness: Your Way for successful completion.

Goal

Log:

3 serving(s) of Vegetables

a day for at least 5 days a week. 20 days of food logged total

Start/End

4/17/18 - 5/15/18

Sign Up Period

4/3/18 - 4/23/18 (sign up date: 4/19/2018)

Concurrent

Yes - can be taken with other concurrent challenges

My Team

LiveWell Vermont

My Teammates

SOV

Primary challenge on dashboard **i**

Yes

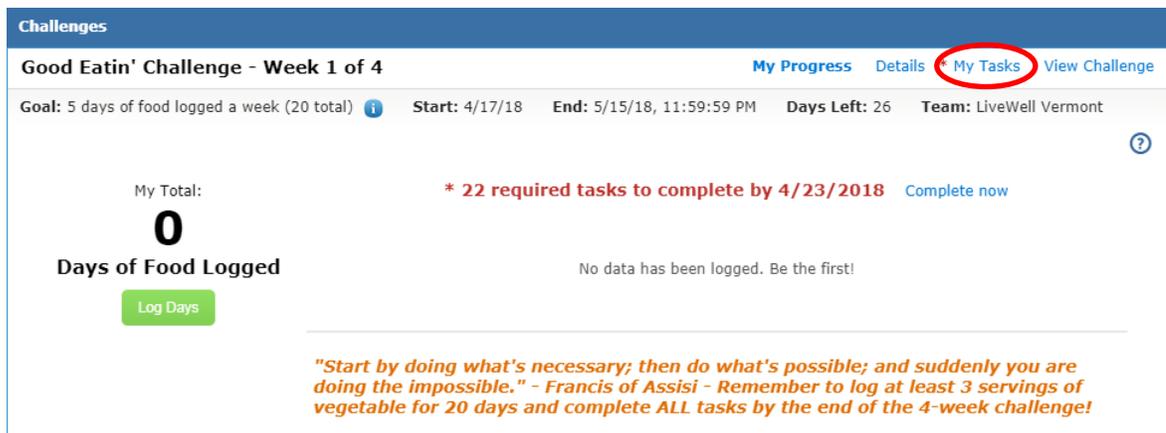
[Unregister](#)

[Close](#)

Good Eatin' Challenge

5. How do I complete my weekly tasks?

- Log-in to the [Wellness Portal](#)
- Click on “My Tasks” on the Challenge Bar



Challenges

Good Eatin' Challenge - Week 1 of 4 [My Progress](#) [Details](#) [My Tasks](#) [View Challenge](#)

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My Total: **0** *** 22 required tasks to complete by 4/23/2018** [Complete now](#)

Days of Food Logged No data has been logged. Be the first!

[Log Days](#)

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." - Francis of Assisi - Remember to log at least 3 servings of vegetable for 20 days and complete ALL tasks by the end of the 4-week challenge!

- Or scroll down your page to “My To Do List”

My Tasks	
Creating a Healthy Kitchen - Week 1 of 4	
* Watch "Good Eatin'" Challenge Video	Do this now Required: 04/23/2018
* Read: "Good Eatin'" Challenge FAQ	Do this now Required: 04/23/2018
* Log at least 3 servings of vegetables for 20...	Do this now Required: 04/23/2018
* Read: Grocery List Tips	Do this now Required: 04/23/2018
* Complete: Do You Know How to Choose He...	Do this now Required: 04/23/2018
* Read: Meal Prep Made Simple	Do this now Required: 04/23/2018

- New weekly tasks will load every Monday.
Note: All tasks for the current week must be completed before the next week's tasks will load. If you are “overdue” on tasks, please note that there is a 24-hour delay for a new week's tasks to load.
- If the task requires you to watch a video or read a blog article, click on the image and then click on play if it's a video. You may need to do that for multiple pages, depending on the task. Once you read the blog or watch the video, be sure to return to the Image page and click “Close” to have the task close out on your “To Do List”.

6. How do I complete the challenge to earn wellness incentive points?

- Successful completion of a wellness challenge rewards you 80 points toward the 2018 *Wellness: Your Way* Incentive Program. Successful completion is:
 - Log 3 servings of vegetables for at least 20 days by June 3rd
 - Completing all weekly tasks by Monday, June 4th.

Good Eatin' Challenge

- b. 80 points will be awarded by close of business on June 5th for those who successfully complete the challenge. You can see your points reflected on your "Incentive Summary" page, which can be found under the "Incentives" tab on the dashboard.

Take Action	Possible Points	Earned Points
Cardiovascular activity (1 point for every 45 minutes logged, up to 1 point per day)	45	4
Good Eatin' (4-wk Challenge: May 7-June 3)	80	0
Green Livin' (3-wk Challenge: July 2-July 22)	60	0

Remember you must complete the Health Assessment and Wellness Score Survey before you are eligible to earn any incentive payout or chance for drawings.

7. How can I find out challenge standings?

- a. Log-in to the [Wellness Portal](#)
- b. Click "**View Challenge**" in the Challenge Bar.

Challenges

Good Eatin' Challenge - Week 1 of 4 [My Progress](#) [Details](#) * [My Tasks](#) [View Challenge](#)

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My Total: **0**

Days of Food Logged

[Log Days](#)

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- c. Scroll down to "**Standings**" box on the bottom-left of the page.
- d. You can view standings for all participants, all teams or just your team.

8. How can I communicate with other participants?

- a. Log-in to the [Wellness Portal](#)
- b. Click "**View Challenge**" in the Challenge Bar

Good Eatin' Challenge

Challenges

Good Eatin' Challenge - Week 1 of 4 [My Progress](#) [Details](#) [* My Tasks](#) [View Challenge](#)

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- c. Scroll down page to the bottom-right of the page to view: **"Comment Boards"**.

Comment Boards

All Participants My Team

Post to all challenge members here [Post](#)

Sov (Wellness Team) 3/4/2015 12:11 PM [Delete](#)

Great job team!

[Reply](#)

9. **Who should I contact with questions?**

- Email: DHR.LiveWellVermont@vermont.gov
- Phone: (802) 828-7308